

Cricket: Catch and Clap



How many times can you throw a ball up, clap once and catch it in 60 seconds?

- If you do not have a ball use a toilet roll or pair of rolled up socks.
- The ball should go above your head.
- If you drop the ball, carry on counting your score from where you left off.



No goal was ever met without a little sweat!



Do you ask for help if you find it hard? Together, everyone achieves more.

SCHOOL GAMES



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